AMENDMENTS TO THE CLAIMS

This listing of claims will replace all prior versions and listings of claims in the application:

LISTING OF CLAIMS:

1 to 27. (canceled).

28. (new): A method for reducing fatigue in animals in the state of fatigue, which comprises administering, to said animals, a fatigue reducing agent comprising reduced coenzyme Q represented by the following formula (1) (wherein n represents an integer from 1 to 12) as an active ingredient

OH
$$H_{3}CO$$

$$CH_{3}$$

$$H_{3}CO$$

$$(CH_{2}CHC(CH_{3})CH_{2})_{n}H$$

$$OH$$

$$(1)$$

29. (new): A method for reducing fatigue in animals in the state of fatigue, which comprises administering, to said animals, a fatigue reducing agent comprising reduced coenzyme

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Q represented by the following formula (1) and oxidized coenzyme Q represented by the following formula (2) (wherein n represents an integer from 1 to 12) as the active ingredients

OH
$$H_3CO \qquad CH_3$$

$$H_3CO \qquad (CH_2CHC(CH_3)CH_2)_n H$$
(1)

$$H_3CO$$
 CH_3
 H_3CO
 $(CH_2CHC(CH_3)CH_2)_nH$
 (2)

- 30. (new): The method according to claim 28 or 29, wherein the coenzyme Q is coenzyme Q_{10} .
- 31. (new): The method according to claim 28 to 29, wherein the agent is directly applied to skin.
- 32. (new): The method according to claim 28 or 29, wherein the animals are vertebrates.

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33. (new): The method according to claim 28 or 29, wherein the animals are mammals.

34. (new): The method according to claim 28 or 29, wherein the animals are humans.

35. (new): The method according to claim 28 or 29, wherein the animals are middle aged or older persons.

36. (new): The method according to claim 28 or 29, wherein the fatigue is physical exhaustion during or after sickness.

37. (new): The method according to claim 28 or 29, wherein the fatigue is muscle fatigue.